Whirlpool®
Home Appliances

BUILT-IN HIGH SPEED OVEN

Use & Care Guide

In the U.S.A, for questions about features, operation, performance, parts, accessories or service call: **1-800-253-1301.**

In Canada, for product-related questions call: **1-800-461-5681,** for parts, accessories, installation and service call: **1-800-807-677**

or visit our website at...
www.whirlpool.com or **www.whirlpool.com/canada**

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MODELS **GSC278** **YGSC278**
GSC308 **YGSC308**

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MICROWAVE OVEN SAFETY

Your safety and the safety of others are very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.

This is the safety alert symbol.

This symbol alerts you to potential hazards that can kill or hurt you and others.

All safety messages will follow the safety alert symbol and either the word "DANGER" or "WARNING." These words mean:

⚠ DANGER — **You can be killed or seriously injured if you don't immediately follow instructions.**

⚠ WARNING — **You can be killed or seriously injured if you don't follow instructions.**

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliances basic safety precautions should be followed, including the following:

WARNING: To reduce the risk of burns, electric shock, fire, injury to persons, or exposure to excessive microwave energy:

- Read all instructions before using the microwave oven.
- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found in this section.
- The microwave oven must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found in this section.
- Install or locate the microwave oven only in accordance with the provided Installation Instructions.
- Some products such as whole eggs in the shell and sealed containers – for example, closed glass jars – may explode and should not be heated in the microwave oven.
- Use the microwave oven only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in the microwave oven. This type of oven is specifically designed to heat, cook, or dry food. It is not designed for industrial or laboratory use.
- Oversized foods or oversized metal utensils should not be inserted in the microwave oven as they may create a fire or risk of electric shock.
- Do not clean with metal scouring pads. Pieces can burn off the pad and touch electrical parts involving a risk of electric shock.
- Do not store any materials, other than manufacturer's recommended accessories, in this oven when not in use.
- Do not operate the microwave oven if it has a damaged cord or plug, if it is not working properly, or if it has been damaged or dropped.
- Do not deep fry in oven. Microwavable utensils are not suitable and it is difficult to maintain appropriate deep frying temperatures.
- Do not use paper products when appliance is operated in the "PAN BROWN" mode.
- Do not cover racks or any other part of the oven with metal foil. This will cause overheating of the oven.
- As with any appliance, close supervision is necessary when used by children.
- The microwave oven should be serviced only by qualified service personnel. Contact nearest authorized service company for examination, repair, or adjustment.
- Do not cover or block any openings on the microwave oven.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

- Do not store the microwave oven outdoors. Do not use this product near water - for example, near a kitchen sink, in a wet basement, or near a swimming pool, and the like.
- See door surface cleaning instructions in the "Oven Care" section.
- To reduce the risk of fire in the oven cavity:
  - Do not overcook food. Carefully attend the microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
  - Remove wire twist-ties from paper or plastic bags before placing bags in oven.
  - If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
  - Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.

SAVE THESE INSTRUCTIONS

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY...

(a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

(1) Door (bent),
(2) Hinges and latches (broken or loosened),
(3) Door seals and sealing surfaces.

(d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

GROUNDING INSTRUCTIONS

- **For all cord connected appliances:**
  The microwave oven must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. The microwave oven is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

WARNING: Improper use of the grounding plug can result in a risk of electric shock. Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the microwave oven is properly grounded.

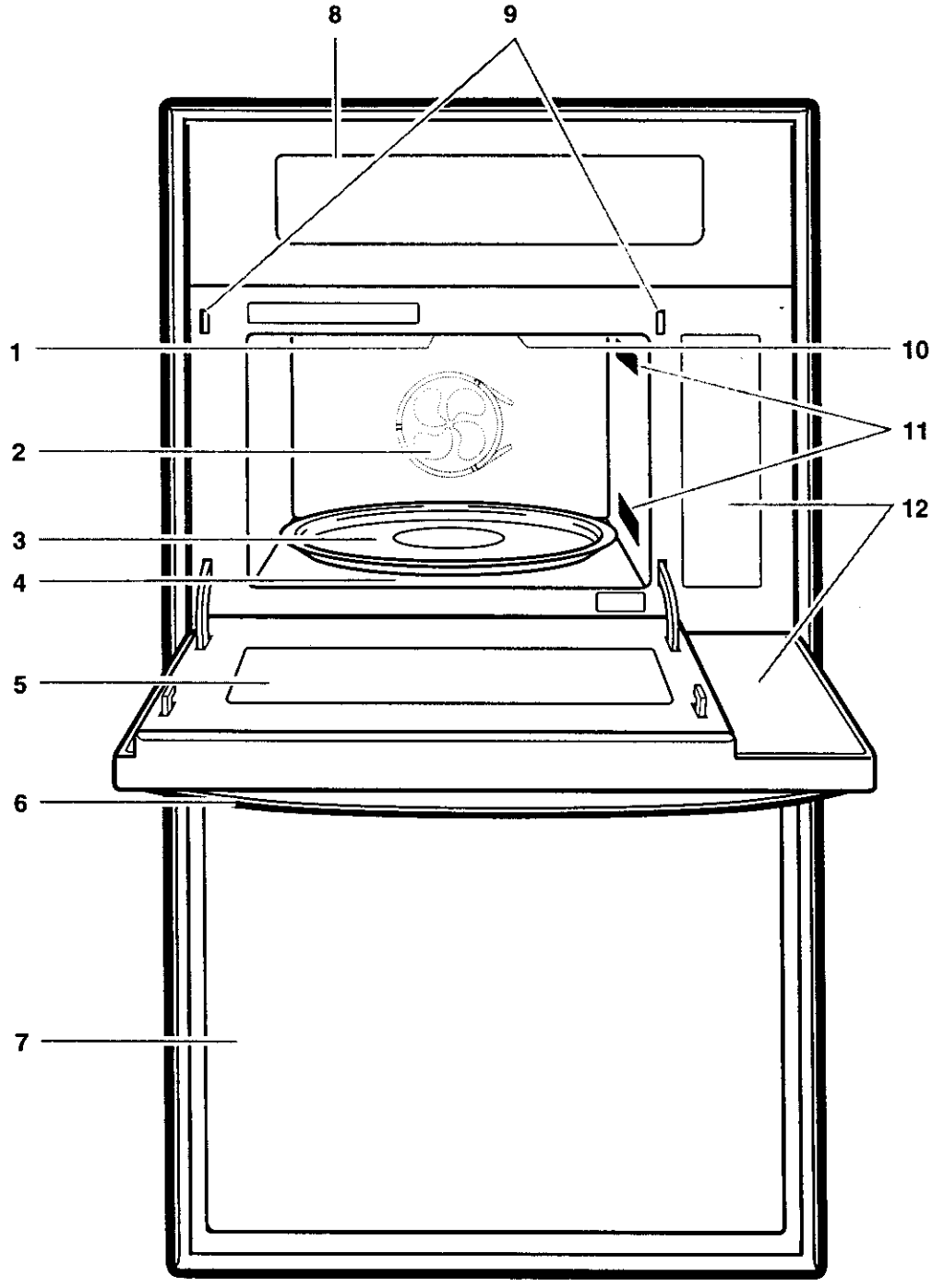
Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the microwave oven.

- **For a permanently connected appliance:**
  This appliance must be connected to a grounded, metallic, permanent wiring system, or an equipment grounding conductor should be run with the circuit conductors and connected to the equipment grounding terminal or lead on the appliance.

SAVE THESE INSTRUCTIONS

PARTS AND FEATURES

This manual covers different models. The oven you have purchased may have some or all of the parts and features listed. The location and appearance of the features shown here may not match your model.



1. Light (inaccessible, in ceiling)
2. Convection Element and Fan (hidden behind back panel)
3. Turntable
4. Turntable Support (under turntable)
5. Metal Shielded Window
6. Door Handle
7. Lower Oven (on combination models, see separate Use and Care Guide)
8. Oven Control
9. Door Safety Lock System
10. Broil Element (hidden in ceiling)
11. Dual Microwave Emission
12. Cooking Guide Labels

Parts and Features not shown

Broiling Grid

Convection Grid

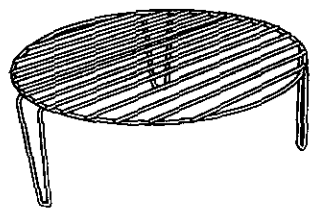
Crisper Pan and Handle

This unit must be connected to a 240-volt circuit.

Grids

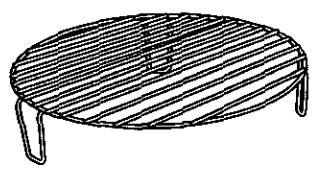
- Grids will become hot. Always use oven mitts or pot holders when handling.
- Never allow the grids to touch the inside cavity walls, ceiling or floor.
- Always use the turntable.
- Never use another metal object with the grids.
- Two level cooking is not recommended.
- See "Assistance or Service" section to reorder.

Broiling Grid (long legs)



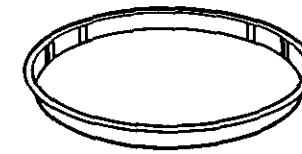
The broiling grid places food close to the broil element, making it ideal for fast browning of small amounts of food. Use for Broiling only.

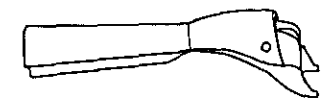
Convection Grid (short legs)



The convection grid provides optimal heat circulation for High Speed Cooking and Convection Cooking.

Crisper Pan and Handle



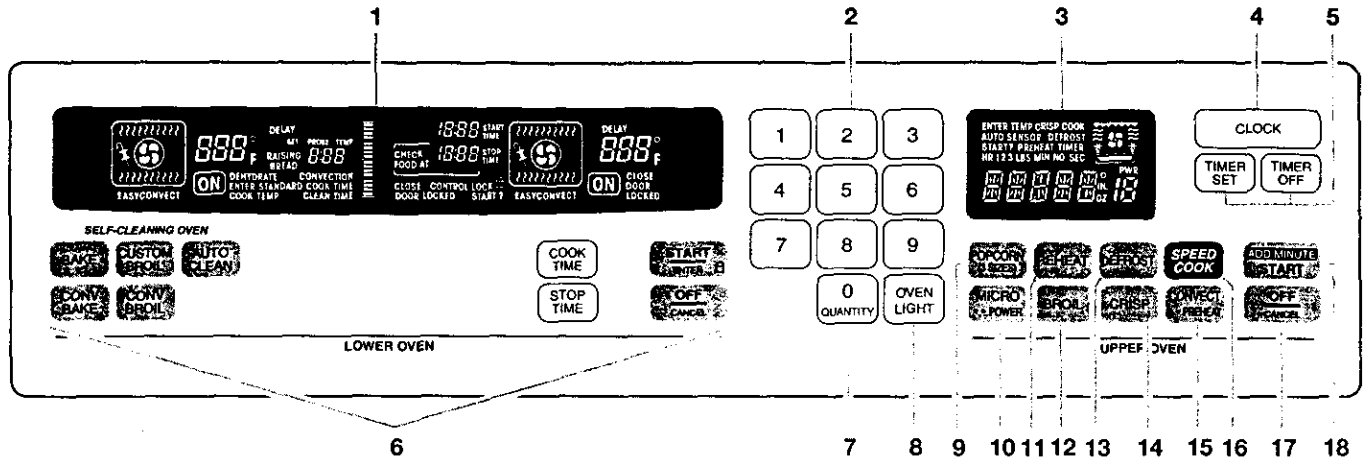


The crisper pan is ideal for rapidly browning and crisping the bottom of the food, like cookies and pizza. Use for High Speed Cooking and Crisping.

The material coating the bottom absorbs microwaves and transfers the heat to the pan and food. Once the crisper pan reaches 436°F (210°C) in 2 to 3 minutes, it stops absorbing microwaves and holds this optimal frying temperature.

- The crisper pan will become hot. Always use the handle and oven mitts or pot holders when handling.
- Never allow the crisper pan or handle to touch the inside cavity walls, ceiling or floor.
- Always use the turntable.
- Never use another metal object with the crisper pan.
- The crisper pan is designed specifically for this oven. Do not use it in any other oven.
- Use only wooden or plastic cooking utensils to help prevent scratches.
- See "Assistance or Service" section to reorder.

ELECTRONIC OVEN CONTROL



1. Lower Oven Display
2. Number Pads
3. Upper Oven Display
4. Clock
5. Timer
6. Lower Oven Selectors (see separate Use and Care Guide)
7. Quantity
8. Lower Oven Light
9. Microwave Popcorn
10. Microwave Cooking Power
11. Microwave Reheating
12. Broiling
13. Microwave Defrosting
14. Crisping
15. Convection Cooking
16. High Speed Cooking
17. Upper Oven Off/Cancel
18. Upper Oven Start and Add Minute

Displays

When power is first supplied to the appliance, everything on both displays will light up for 5 seconds. Then, "PF id = 27" or "PF id = 30" will appear on the lower oven display. Press OFF/CANCEL to clear display.

Any other time "PF id = 27" or "PF id = 30" appears, a power failure occurred. Press OFF/CANCEL and reset the clock if needed.

Lower Oven Display

When the lower oven is in use, this display shows the lower oven temperature, heat source(s) and start time.

During lower oven Timed Cooking, this display also shows a vertical bar and minute time countdown and the stop time (if entered).

If "Err" appears on the display, an invalid pad was pressed. Press OFF/CANCEL and retry your entry.

When the lower oven is not in use, this display is blank.

Upper Oven Display

When the upper oven is in use, this display shows the upper oven heat source(s), cooking power, quantities, weights and/or help prompts.

If "RETRY" flashes on the display for one second, an invalid pad was pressed. Retry your entry.

When the upper oven is not in use, this display shows the time of day or Timer countdown.

Number Codes

The oven is preset with shortcut number codes for High Speed and Microwave Cooking. A number code includes one or more of the following; cooking power, cook time and food quantity or weight. See the code charts in the "High Speed Cooking", "Reheating", "Defrosting" and "Popcorn" sections for additional information.

Add Minute, Start

Starting

The ADD MINUTE START pad begins any upper oven function except the Timer. If not pressed within 5 seconds after pressing a pad, "START?" will appear on the upper oven display as a reminder. If not pressed within 5 minutes after pressing a pad, the oven display will return to the time of day mode and the programmed function will be cancelled.

If cooking is interrupted, pressing ADD MINUTE START will resume the preset cycle.

Adding Minutes

During High Speed Cooking, Crisping and Broiling, pressing ADD MINUTE START while the oven is operating will add one more minute of cook time. Multiple minutes can be added by repeatedly pressing ADD MINUTE START.

During Microwave Cooking, pressing ADD MINUTE START while the oven is operating or at the end of a cycle will add one more minute of cook time at 100% cooking power. Multiple minutes can be added by repeatedly pressing ADD MINUTE START.

During Convection Cooking, pressing ADD MINUTE START will not add minutes.

Off/Cancel

The upper oven OFF/CANCEL pad stops any upper oven function except for the Clock, Timer and Control Lock.

The oven will also turn off when the door is opened. When the door is opened, the element(s) and fan will turn off, but the upper oven light will remain on. Close the door and press ADD MINUTE START to resume the cycle.

Clock

This is a 12 hour clock and does not show a.m. or p.m.

To Set:
Before setting, make sure the ovens, Timer and Timed Cooking are off.

1. Press CLOCK.
2. Press the number pads to set the time of day.
3. Press CLOCK, START/ENTER or ADD MINUTE START.

To remove the time of day from the display: Press and hold CLOCK for 5 seconds.

To return the time of day to the display: Press CLOCK. The time should not have to be reset.

Tones

Tones are audible signals, indicating the following:

One tone

- Valid pad press
- Oven is preheated
- Function has been entered

Three tones

- Invalid pad press

Four tones

- End-of-cycle
- Reminder, repeating each minute after the end-of-cycle tones

All Tones

All of the above tones are preset on, but can be turned off.

To Turn Off/On: Press and hold STOP TIME for 5 seconds. A tone will sound and "Snd oFF" will appear on the lower oven display for 3 seconds. Repeat to change back to "Snd on".

Tone Volume

The volume is preset at high, but can be changed to low.

To Change: Press and hold the number pad "7" for 5 seconds. A tone will sound and "Snd Lo" will appear on the lower oven display for 3 seconds. Repeat to change back to "Snd HI".

REMINDER TONES

The Timer and Timed Cooking reminder tones are preset on, but can be turned off. Reminder tones do not include end-of-cycle tones. If "All Tones" have been turned off, the reminder tones cannot be independently turned on.

Timer

To Turn Tones Off/On: Press and hold TIMER SET until a tone sounds. Repeat to turn back on.

Timed Cooking

To Turn Tones Off/On: Press and hold COOK TIME until a tone sounds and the lower oven display returns to inactive mode (blank). Repeat to turn back on.

Fahrenheit and Celsius

The temperature is preset at Fahrenheit, but can be changed to Celsius.

To Change: Press and hold CUSTOM BROIL for 5 seconds. A tone will sound and "C°" will appear on the lower oven display for 3 seconds. Repeat to change back to Fahrenheit.

When in Fahrenheit, "°F" follows the oven temperature.

When in Celsius, only "°" follows the oven temperature.

Timer

The Timer can be set in minutes and seconds or hours and minutes and counts down the set time. The Timer does not start or stop the oven.

To Set:

1. Press TIMER SET.

   Press again to switch between MIN/SEC and HR/MIN.

   If no action is taken after one minute, the upper oven display will return to the time of day mode.
2. Press the number pads to set length of time.
3. Press TIMER SET or ADD MINUTE START.

   If not pressed within 5 seconds, the display will return to the time of day mode and the programmed function will be cancelled.

   When the set time ends, if enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
4. Press TIMER OFF anytime to cancel the Timer and/or stop reminder tones.

   *Remember, do not press the Off/Cancel pads because the respective oven will turn off.

   The time can be reset during the countdown by repeating the above steps.

Control Lock

The Control Lock shuts down the control panel pads to prevent unintended use of the ovens.

When the control is locked, only the CLOCK, TIMER SET and TIMER OFF pads will function.

The Control Lock is preset unlocked, but can be locked.

To Lock/Unlock Control: Before locking, make sure the ovens, Timer and Timed Cooking are off. Press and hold START/ENTER until 3 tones sound and "CONTROL LOCK" and a picture of a lock appear on the lower oven display, about 3 seconds. Repeat to unlock and remove "CONTROL LOCK" from display.

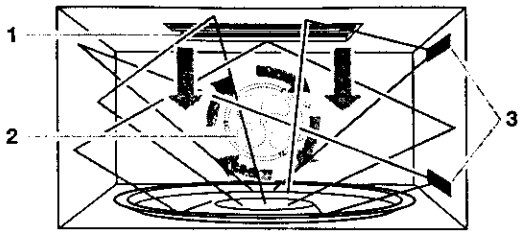
Help Prompts

Help prompts are visible messages that appear on the upper oven display on combination oven models or the display on single oven models. Only Crisping and Broiling help prompts can be turned off.

Before turning help prompts on/off, the oven(s), Timer and, on combination oven models, the lower oven Timed Cooking must be off.

To Turn Off/On: Press and hold the number pad "2" for 5 seconds. A tone will sound and either "HELP OFF" or "HELP ON" will flash on the upper oven display on combination oven models or the display on single oven models for 3 seconds. Repeat for desired option.

HIGH SPEED COOKING



1. Broil element
2. Convection element and fan
3. Dual microwave emission

High Speed Cooking uses the broil element, convection element and fan and microwaves. All cycle on and off in intervals.

- Bakeware and the interior oven surfaces, including the door, will become hot.
- Always use an instant read meat thermometer to determine doneness of meat and poultry.
- Use non-metallic, oven proof glass, ceramic or plastic approved for conventional oven use.
- Covers are not necessary unless recommended in recipe. If recommended, use a casserole dish and its lid for optimal results.
- Do not use covers or containers made of foil, paper, waxed paper or plastic not recommended for use in a conventional oven.
- When roasting, meats and poultry will spatter. Plastic oven bags designed for conventional oven use can be used for easier cleanup. Follow manufacturer's recommendations.
- When using the crisper pan or convection grid, place them directly on the turntable.
- Select tender cuts of meat for optimal cooking results.
- Arrange pieces of food in a single layer on the crisper pan or baking dish.

To Use:

Before High Speed Cooking, put food in the oven and close the door. Preheating is not necessary.

1. Press SPEED COOK.
2. Press the number pads to enter the food code from the chart.

   If "WGT" or "QTY" appears on the upper oven display, Press the number pads to enter the quantity or weight from the chart or press 0 QUANTITY to increase the weight in increments from the chart.
3. Press ADD MINUTE START or wait 5 seconds for oven to turn on automatically.

   The upper oven display will countdown the cook time.

   When the cycle ends, "End" will appear in the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
4. Press upper oven OFF/CANCEL or open the upper oven door when finished to clear the upper oven display.

HIGH SPEED COOKING CHART

Preset cooking times have been carefully determined, however individual tastes vary. If cooking results are not desirable after the cycle is over, code number 69 will add two additional minutes of cook time. It can be used multiple times. Also, check the food a few minutes before the cycle ends to help avoid overcooking.

FOOD	CODE	QUANTITY OR WEIGHT/ INSTRUCTIONS
BISCUITS AND ROLLS		
Biscuits, Large, Refrigerated	60	5 or 8 Arrange on crisper pan. Place on turntable.
Biscuits, Small, Refrigerated	59	6 or 12 Arrange on crisper pan. Place on turntable.
Cinnamon Rolls, Large, Refrigerated	62	No quantity entry required. Arrange on crisper pan. Place on turntable.
Cinnamon Rolls, Small, Refrigerated	61	5 or 8 Arrange on crisper pan. Place on turntable.
Orange Sweet Rolls, Refrigerated	63	No quantity entry required. Arrange on crisper pan. Place on turntable.
CASSEROLES		
Casserole, Freshly Made	27	4-10 cups in 1 cup increments (1-2.5 L in 250 mL increments) Place in casserole dish. Place convection grid on turntable, then casserole dish on grid.
Entrée, Frozen	29	10-45 oz. in .5 oz. increments (283 g-1.3 kg in 14 g increments) Loosen plastic film covering. Place convection grid on turntable, then entrée on grid.
Lasagna, Freshly Made	28	No quantity entry required. Use recipe that makes about 8 cups (2 L) and an 11x7 in. (28x18 cm) baking dish. Place convection grid on turntable, then baking dish on grid.
CONVENIENCE FOODS, FROZEN		
Chicken Breast Tenders	54	5 to 20 pieces Arrange on crisper pan. Place on turntable.
Chicken Nuggets	55	6 to 26 pieces Arrange on crisper pan. Place on turntable.

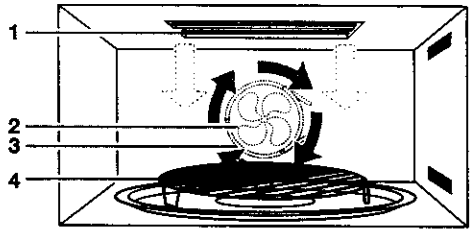
FOOD	CODE	QUANTITY OR WEIGHT/ INSTRUCTIONS
CONVENIENCE FOODS, FROZEN		
Chicken Wings, Buffalo Hot	49	.5-1.5 lbs. in .25 lb. increments (227-680 g in 113 g increments) Place in baking dish. Place convection grid on turntable, then baking dish on grid.
Dinners	43	6.5-16.5 oz. in .5 oz. increments (184-468 g in 14 g increments) Follow package instructions for venting of plastic film. Place convection grid on turntable, then dinner on grid.
Egg Rolls, 3 oz. (85 g) each	47	1 to 8 pieces Place egg rolls directly on convection grid, then grid on turntable.
Egg Rolls, Mini	48	6 to 24 pieces Place egg rolls on crisper pan and crisper pan on turntable.
Entrée	29	10-45 oz. in .5 oz. increments (283 g-1.3 kg in 14 g increments) Loosen plastic film covering. Place convection grid on turntable, then entrée on grid.
Fish Portions, Battered, about 2 oz. (57 g) each	41	2 to 8 pieces Arrange on crisper pan. Place on turntable.
Fish Sticks, Breaded	42	No quantity entry required. Use 4 to 18 pieces. Arrange on crisper pan. Place on turntable.
French Fries	44	3-12 oz. in 1 oz. increments (85-340 kg in 28 g increments) Arrange on crisper pan. Place on turntable.
Onion Rings	57	4-16 oz. in 1 oz. increments (113-454 g in 28 g increments) Arrange on crisper pan. Place on turntable.
Pizza	40	6, 9 and 12 in. diameter (15, 23 and 30 cm diameter) Arrange on crisper pan. Place on turntable.
Pizza Rolls, Mini	53	6 to 24 pieces Arrange on crisper pan. Place on turntable.
Potato Nuggets	46	3-12 oz. in 1 oz. increments (85-340 g in 28 g increments) Arrange on crisper pan. Place on turntable.
Potato Wedges	45	3-12 oz. in 1 oz. increments (85-340 g in 28 g increments) Arrange on crisper pan. Place on turntable.
DESSERTS		
Baked Apples	37	2 to 8 pieces Place in baking dish. Place convection grid on turntable, then baking dish on grid.
Bread Pudding	39	No quantity entry required. Place in 2 qt. (2 L) casserole dish. Place convection grid on turntable, then baking dish on grid.
Brownies	51	No quantity entry required. Use amount of batter for a 9x13 in. (23x33 cm) dish. Spray crisper pan with nonstick cooking spray and dust with dry bread crumbs. Spread batter into crisper pan. Place crisper pan on turntable.
Cake	50	No quantity entry required. Use amount of batter for a 9x13 in. (23x33 cm) dish. Spray crisper pan with nonstick cooking spray and dust with dry bread crumbs. Spread batter into crisper pan. Place crisper pan on turntable.
Cookies, Refrigerated Dough	64	No quantity entry required. Drop rounded teaspoonful (5 mL) of cookie dough on crisper pan. Pan will hold 12 cookies at a time. Place crisper pan on turntable.
Fruit Crisp	38	2 or 3 qts. (2 or 3 L) Place in baking dish. Place convection grid on turntable, then baking dish on grid.
MEATS		
Beef		
Beef Roast, Boneless	16	1.5-5 lbs in .1 lb. increments (680-907 g in 45 g increments) Shake 1 T (15 mL) of flour in oven bag. Put roast in bag and close with plastic tie. Cut 6 small slits in top of bag. Place in baking dish. Place convection grid on turntable, then baking dish on grid.
Meatballs	20	No quantity entry required. Shape meat mixture into 20, 1½ in. (4 cm) meatballs. Place in baking dish. Place convection grid on turntable, then baking dish on grid.

FOOD	CODE	QUANTITY OR WEIGHT/ INSTRUCTIONS
Meat Loaf	18	1.5-2 lbs. of meat in .25 lb. increments(680-907 g in 113 g increments) Place meat loaf in a glass baking dish. Small in a 8.5x4.5 in. (21.5x11 cm) dish. Large in a 9x5 in. (23x13 cm) dish. Place convection grid on turntable, then baking dish on grid.
Meat Loaf and 6 Potatoes	19	No quantity entry required. Place meat loaf made with 1½ lbs. (680 g) of meat in an 8.5x4.5 in. (21.5x11 cm) baking dish. Place convection grid on turntable, then baking dish on grid. Prick skins of potatoes and arrange on grid around the meat loaf dish.
Swiss Steak	17	1-2 lbs in .25 lb. increments (454 g-1 kg in 113 g increments) Follow recipe instructions, browning meat in a skillet. Place meat in baking dish. Add other recipe ingredients to dish. Place convection grid on turntable, then baking dish on grid.
Lamb		
Leg of Lamb, Boneless	26	1-2.5 lbs. in .1 lb. increments (454 g-1 kg in 45 g increments) Shake 1 T (15 mL) of flour in oven bag. Put leg of lamb in bag and close with plastic tie. Cut 6 small slits in top of bag. Place convection grid on turntable, then baking dish on grid.
Pork		
Ham, Fully Cooked, Boneless	25	1-4.5 lbs. in .1 lb. increments (454 g-2 kg in 45 g increments) Shake 1 T (15 mL) of flour in oven bag. Put ham and ½ cup (125 mL) water in bag. Close with plastic tie and cut 6 small slits in top of bag. Place in baking dish. Place convection grid on turntable, then baking dish on grid.
Pork Chops, Bone-in, ¾ in. (2 cm) thick	23	.4-1.5 lbs. in .1 lb increments (181-680 g in 45 g increments) Place in baking dish. Place convection grid on turntable, then baking dish on grid.
Pork Chops, Boneless, ¾ in. (2 cm) thick	24	.3-1.6 lbs. in .1 lb increments (136 g-2 kg in 45 g increments) Place in baking dish. Place convection grid on turntable, then baking dish on grid.
Pork Roast, Bone-in	21	2.5-4.5 lbs. in .1 lb. increments (1-2 kg in 45 g increments) Shake 1 T (15 mL) of flour in oven bag. Put pork roast in bag and close with plastic tie. Cut 6 small slits in top of bag. Place in baking dish. Place convection grid on turntable, then baking dish on grid.
Pork Roast, Boneless	22	1-5 lbs. in .1 lb. increments (454 g-2 kg in 45 g increments) Shake 1 T (15 mL) of flour in oven bag. Put pork roast in bag and close with plastic tie. Cut 6 small slits in top of bag. Place in baking dish. Place convection grid on turntable, then baking dish on grid.
POULTRY		
Chicken Breasts, Boneless, Skinless	12	.2-2 lbs. in .1 lb. increments (91-907 g in 45 g increments) Place in baking dish. Place convection grid on turntable, then baking dish on grid.
Chicken Breast Tenders, Frozen	54	5 to 20 pieces Arrange on crisper pan. Place on turntable.
Chicken Nuggets, Frozen	55	6 to 26 pieces Arrange on crisper pan. Place on turntable.
Chicken Pieces, Bone-in, with Skin	11	.5-2 lbs. in .1 lb. increments (227-907 g in 45 g increments) Place in baking dish. Place convection grid on turntable, then baking dish on grid.
Chicken Wings, Buffalo Hot, Frozen	49	.5-1.5 lbs. in .25 lb. increments (227-680 g in 113 g increments) Place in baking dish. Place convection grid on turntable, then baking dish on grid.
Chicken, Whole	10	3-5.5 lbs. in .1 lb. increments (1.3-2.5 kg in 45 g increments) Shake 1 T (15 mL) of flour in oven bag. Put chicken in bag and close with plastic tie. Cut 6 small slits in top of bag. Place in baking dish. Place convection grid on turntable, then baking dish on grid.
Cornish Hens	15	1.5-4.5 lbs. in .1 lb. increments (680 g-2 kg in 45 g increments) Shake 1 T (15 mL) of flour in oven bag. Put hen(s) in bag and close with plastic tie. Cut 6 small slits in top of bag. Place in baking dish. Place convection grid on turntable and baking dish on grid.

FOOD	CODE	QUANTITY OR WEIGHT/ INSTRUCTIONS
Turkey Breast, Bone-in	14	2-6.5 lbs. in .1 lb. increments (907 g-3 kg in 45 g increments Shake 1 T (15 mL) of flour in oven bag. Put breast in bag and close with plastic tie. Cut 6 small slits in top of bag. Place in baking dish. Place convection grid on turntable, then baking dish on grid. If too tall do not use grid.
Turkey, Whole, Unstuffed	13	10-12 lbs. in .1 lb. increments (.5-5.5 kg in 45 g increments) Shake 1 T (15 mL) of flour in oven bag. Put turkey in bag and close with plastic tie. Cut 6 small slits in top of bag. Place in baking dish. Place convection grid on turntable, then baking dish on grid. If too tall do not use grid.
SEAFOOD		
Fish Fillets, ¾ in. (2 cm) thick	67	.4-1.2 lbs. in .1 lb. increments (181-544 g in 45 g increments) Spray crisper pan with nonstick cooking spray. Place fish on crisper pan and crisper pan on turntable.
Fish Portions, Battered, Frozen, about 2 oz. (57 g) each	41	2 to 8 pieces Arrange on crisper pan. Place on turntable.
Fish Steaks, 1 in. (2.5 cm) thick	68	.3-1.3 lbs. in .1 lb. increments (136-590 g in 45 g increments) Spray crisper pan with nonstick cooking spray. Place fish on crisper pan and crisper pan on turntable.
Fish Sticks, Breaded, Frozen	42	No quantity entry required. Use 4 to 18 pieces. Arrange on crisper pan. Place on turntable.
Shrimp, Raw, Shelled	52	.25-1 lbs. in .25 lb. increments (113- 453 g in 113 g increments) Spray crisper pan with nonstick cooking spray. Place shrimp on crisper pan and crisper pan on turntable.
VEGETABLES		
Baked Potatoes, Large, White	30	1 to 8 potatoes Pierce skins. Place on convection grid and grid on turntable.
Baked Potatoes, Small-Medium, White	31	1 to 8 potatoes Pierce skins. Place on convection grid and grid on turntable.
Baked Sweet Potatoes, Large	32	1 to 6 potatoes Cut off thin, dried ends. Pierce skins. Place on convection grid and grid on turntable.
Baked Sweet Potatoes, Small-Medium	33	1 to 6 potatoes Cut off thin, dried ends. Pierce skins. Place on convection grid and grid on turntable.
French Fries, Frozen	44	3-12 oz. in 1 oz. increments (85-340 kg in 28 g increments) Arrange on crisper pan. Place on turntable.
Onion Rings, Frozen	57	4-16 oz. in 1 oz. increments (113-454 g in 28 g increments) Arrange on crisper pan. Place on turntable.
Potato Mixes, Dry, Scalloped or Au Gratin	35	No quantity entry required. Follow package directions. Place convection grid on turntable, then baking dish on grid.
Potato Nuggets, Frozen	46	3-12 oz. in 1 oz. increments (85-340 g in 28 g increments) Arrange on crisper pan. Place on turntable.
Potato Skins	65	No quantity entry required. Bake 1½ lbs. (680 g) potatoes. Scoop out insides leaving a ⅜ in. (1 cm) shell. Brush both sides with butter. Place skins on crisper pan and crisper pan on turntable. With 1 minute of cooking time remaining, add toppings if desired.
Potato Wedges, Frozen	45	3-12 oz. in 1 oz. increments (85-340 g in 28 g increments) Arrange on crisper pan. Place on turntable.
Roasted Potatoes, Coating Mix, 3 ½ cups (875 mL) cubed potatoes	34	No quantity entry required. Follow coating mix package directions. Place in baking dish. Place convection grid on turntable, then baking dish on grid.
Roasted Vegetables	36	2-8 cups in 1 cup increments (500 mL-2 L in 250 mL increments) Cut fresh vegetables in bite-size pieces. Toss with olive or cooking oil and seasonings. Place in baking dish. Place convection grid on turntable, then baking dish on grid.

FOOD	CODE	QUANTITY OR WEIGHT/ INSTRUCTIONS
MISCELLANEOUS		
Cook 2 minutes longer	69	No quantity entry required. Gives 2 more minutes of cooking time. Use this code to finish cooking foods not done to your liking. May be used more than once.
Hot Dogs, 10 pieces per 1 lb (454 g)	56	2 to 10 pieces Arrange on crisper pan. Place on turntable.
Nachos	58	No quantity entry required. Use 8 oz (227 g) chips, salsa, cheese and other toppings to create your own nachos. Place in baking dish. Place convection grid on turntable, then baking dish on grid.
Pizza Reheat	66	1 to 4 pieces Place pizza slices on crisper pan and crisper pan on turntable.

CONVECTION COOKING



1. Broil element
2. Convection fan
3. Convection element
4. Convection grid

Convection Cooking uses the convection element and the fan. The broil element will cycle on and off also. The fan constantly circulates the hot air around the food. The time can be set up to 4 hours maximum. The oven will automatically set a cook time of 4 hours if a longer time is entered.

- Always use the convection grid.
  See "Grids" section first before using.
- Avoid opening the door often.
- For optimal cooking results, do not use aluminum foil.
- Reduce recipe temperature 25°F (14°C). The cook time may need to be reduced also.

To Preheat and Convection Cook:

Before Convection Cooking, place the convection grid on the turntable. Allow the oven to preheat before placing food in the oven.

1. Press CONVECT · · PREHEAT twice.

   "PREHEAT" will flash on the upper oven display.

   Press the number pads to enter a temperature other than 325°F (162°C). The convection range can be set between 170°F and 450°F (77°C and 232°C).

   When in Celsius and entering a two digit temperature, "0" must come first. For example "077" for "77°".
2. Press ADD MINUTE START.

   "TIME" will appear on the upper oven display.
3. Press the number pads to enter a length of time to cook in hours and minutes.
4. Press ADD MINUTE START.

   "Lo°" will appear on the upper oven display if the actual oven temperature is less than 170°F (77°C).

   When the actual oven temperature reaches 170°F (77°C), the upper oven display will show the oven temperature increasing in 5° increments.

   When the set temperature is reached, a tone will sound and the upper oven display will hold the set cook time.
5. Open the door, put in the food, then close the door.
6. Press ADD MINUTE START.

   The upper oven display will countdown the cook time.

   When the cook time ends, "End" will appear on the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
7. Press upper oven OFF/CANCEL or open the upper oven door to clear the display and/or stop reminder tones.

To Convection Cook:

Before Convection Cooking, place the convection grid on the turntable, then the food on the grid.

1. Press CONVECT · · PREHEAT.

   Press the number pads to enter a temperature other than 325°F (162°C). The convection range can be set between 170°F and 450°F (77°C and 232°C).

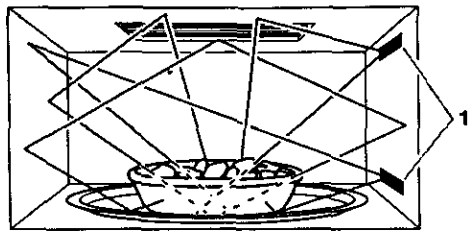
   When in Celsius and entering a two digit temperature, "0" must come first. For example "077" for "77°".
2. Press ADD MINUTE START.

   "TIME" will appear on the upper oven display.
3. Press the number pads to enter a length of time to cook in hours and minutes.
4. Press ADD MINUTE START.

   The upper oven display will countdown the cook time.

   When the cook time ends, "End" will appear on the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
5. Press upper oven OFF/CANCEL or open the upper oven door to clear the display and/or stop reminder tones.

MICROWAVE COOKING



1. Dual microwave emission

A magnetron in the oven produces microwaves which reflect off the metal floor, walls and ceiling and pass through the turntable and appropriate cookware to the food. Microwaves are attracted to and absorbed by fat, sugar and water moleculses in the food, causing them to move and produce friction and heat which cooks the food.

- Never lean on or allow children to swing on the oven door.
- Always have food or a cup (250 mL) of water in the oven when oven is in use.
- Heated liquids can splash out during and after heating. Use of a wooden stir stick, placed in the cup or bowl during heating may help to avoid this.
- The turntable must be in place and correct side up when oven is in use. Do not use if turntable is chipped or broken. See "Assistance or Service" section to reorder.
- Baby bottles and baby food jars should not be heated in the oven.
- Clothes, flowers, fruit, herbs, wood, gourds, paper, including brown paper bags and newspaper should not be dried in the oven.
- The oven should not be used for canning, sterilizing or deep frying. The oven cannot maintain appropriate temperatures.
- Paraffin wax will not melt in the oven because it does not absorb microwaves.
- Use oven mitts when removing containers from oven.

Electrical Connection

If the incoming voltage to the oven is less than specified in "Parts and Features", cooking times may be longer. Have a qualified electrician check the electrical system of the house.

Radio Interference

Using the oven may interfere with radios, TVs or similar equipment. To remove or reduce interference, make sure the oven door and sealing surfaces are clean, adjust the radio or TV antenna and/or move the receiver away from the oven.

Food Characteristics

When microwaving, the amount, size and shape, starting temperature and composition and density of the food affect cooking results.

Amount of Food

The more food heated at once the longer the cook time. Check for doneness and add small increments of time if necessary.

Size and Shape

Smaller pieces of food will cook more quickly than larger pieces and uniformly shaped foods cook more evenly than irregularly shaped food.

Starting Temperature

Room temperature foods will heat faster than refrigerated foods and refrigerated foods will heat faster than frozen foods.

Composition and Density

Foods high in fat and sugar will reach a higher temperature and heat faster than other foods. Heavy, dense foods, such as meat and potatoes, require a longer cook time than the same size of a light, porous food, such as cakes.

Cooking Guidelines

Covering

Covering food helps retain moisture, shorten cook time and reduce spattering. Use the lid supplied with cookware. If not available, wax paper, paper towels or plastic wrap approved for microwaves may be used. Plastic wrap should be turned back at one corner to provide an opening to vent steam.

Stirring and Turning

Stirring and turning redistributes heat evenly to avoid overcooking the outer edges of food. Stir from outside to center.

Arranging

If heating irregularly shaped or different sized foods, the thinner parts and smaller sizes should be arranged toward the center. If cooking several items of the same size and shape, place them in a ring pattern, leaving the center of the ring empty.

Releasing Pressure

Before heating, use a fork or small knife to pierce or prick foods that have a skin or membrane, such as potatoes, egg yolks, chicken livers and sausage. Prick in several places to vent steam.

Shielding

Use aluminum foil in small pieces to shield the thin pieces of irregularly shaped foods. See "Aluminum Foil and Metal" first.

Standing Time

Food will continue to cook by the natural conduction of heat even after the microwave cycle ends. The length of standing time depends on the volume and density of the food.

Cookware and Dinnerware

Cookware and dinnerware must fit on the turntable. Always use oven mitts or pot holders when handling because any dish may become hot from heat transferred from the food. Do not use cookware and dinnerware with gold or silver trim. Use the following chart as a guide then test before using.

MATERIAL	RECOMMENDATIONS
Aluminum Foil, Metal	See "Aluminum Foil and Metal" section.
Browning Dish	Bottom must be at least 3/16 in. (5 mm) above the turntable. Follow manufacturer's recommendations.
Ceramic Glass, Glass	Acceptable for use.
China, Earthenware	Follow manufacturer's recommendations.
Melamine	Follow manufacturer's recommendations.
Paper Towels, Dinnerware, Napkins	Use non-recycled and those approved by the manufacturer for microwave use.
Plastic Wraps, Bags, Covers, Dinnerware, Containers	Use those approved by the manufacturer for microwave use.
Pottery and Clay	Follow manufacturer's recommendations.
Styrofoam	Do not use in oven.
Straw, Wicker, Wooden Containers	Do not use in oven.
Wax Paper	Acceptable for use.

To Test Cookware or Dinnerware for Microwave Use:

1. Put cookware or dinnerware in oven with 1 cup (250 mL) of water beside it.
2. Cook at 100% cooking power for 1 minute.

Do not use cookware or dinnerware if it becomes hot and the water stays cool.

Aluminum Foil and Metal

Aluminum foil and some metal can be used in the oven. If not used properly, arcing or a blue flash of light, can occur and cause damage to the oven.

OK for Use

Racks and bakeware supplied with the oven, aluminum foil for shielding, and approved meat thermometers may be used with the following guidelines:

- Never allow aluminum foil or metal to touch the inside cavity walls, ceiling or floor.
- Always use the turntable.
- Never allow contact with another metal object during cooking.

Do Not Use

Metal cookware and bakeware, gold, silver, pewter, non-approved meat thermometers, skewers, twist ties, foil liners such as sandwich wrappers, staples and objects with gold or silver trim or a metallic glaze should not be used in the oven.

Cooking Power

Many microwave recipes specify which cooking power to use by percent, name or number. For example, 70%=7=Medium-High.

See the Microwave Chart for the suggested cooking power of specific foods. Use the following chart as a general guide.

PERCENT/ NAME	NUMBER	USE
100%, High (default setting)	1,0	Quick heating convenience foods and foods with high water content, such as soups, beverages and most vegetables.
90%	9	Cooking small tender pieces of meat, ground meat, poultry pieces and fish fillets. Heating cream soups.
80%	8	Heating rice, pasta or casseroles. Cooking and heating foods that need a cook power lower than high. For example, whole fish and meat loaf.
70%, Medium-High	7	Reheating a single serving of food.
60%	6	Cooking sensitive foods such as cheese and egg dishes, pudding and custards. Cooking non-stirrable casseroles, such as lasagna.
50%, Medium	5	Cooking ham, whole poultry and pot roasts. Simmering stews.
40%	4	Melting chocolate. Heating bread, rolls and pastries.
30%, Medium-Low, Defrost	3	Defrosting bread, fish, meats, poultry and precooked foods.
20%	2	Softening butter, cheese, and ice cream.
10%, Low	1	Keeping food warm. Taking chill out of fruit.

To Set a Cooking Power other than 100%:

1. Press the number pads to set a length of time to cook.
2. Press MICRO · · POWER.
3. Press the number pad(s) using the Cooking Power chart.
4. Press ADD MINUTE START.

   The upper oven display will countdown the cook time.

   When the cycle ends, "End" will appear in the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
5. Press upper oven OFF/CANCEL or open the upper oven door to clear the display and/or stop reminder tones.

Microwaving

To Use:

1. Press the number pads to set a length of time to cook.

   Press MICRO · · POWER to set a cooking power other than 100%. Press the number pad(s) using the Cooking Power chart.
2. Press ADD MINUTE START.

   The upper oven display will countdown the cook time.

   When the cycle ends, "End" will appear in the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
3. Press upper oven OFF/CANCEL or open the upper oven door to clear the display and/or stop reminder tones.

CHANGE COOK TIME, COOKING POWER

The cook time and cooking power can be changed during a microwave cycle without interrupting cooking.

To Change Cook Time:

Press MICRO · · POWER once. Use the number pads to enter the new cook time within 5 seconds. Press ADD MINUTE START or wait 5 seconds for the change to be entered automatically.

To Change Cooking Power:

Press MICRO · · POWER twice. Use the number pads to enter the new cooking power within 5 seconds. Press ADD MINUTE START or wait 5 seconds for the change to be entered automatically.

COOKING IN STAGES

The oven can be set to cook at different cooking powers for various lengths of time, up to three stages.

To Cook in Stages:

1. Press the number pads to set the first length of time to cook.
2. Press MICRO · · POWER.
3. Press the number pad(s) using the Cooking Power chart to set the cooking power for the first cycle.
4. Press MICRO · · POWER.

   "12" will appear on the upper oven display.
5. Press the number pads to set the second length of time to cook.
6. Press MICRO · · POWER.
7. Press the number pad(s) using the Cooking Power chart to set the cooking power for the second cycle.

   If only 2 cycles are desired, skip steps 8-11.
8. Press MICRO · · POWER.

   "123" will appear on the upper oven display.
9. Press the number pads to set the third length of time to cook.
10. Press MICRO · · POWER.
11. Press the number pad(s) using the Cooking Power chart to set the cooking power for the third cycle.
12. Press ADD MINUTE START.

    The upper oven display will countdown each of the cook times. A "1", "2" or "3" will appear on the upper oven display during their respective stages.

    When the cycle ends, "End" will appear in the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
13. Press upper oven OFF/CANCEL or open the upper oven door to clear the display and/or stop reminder tones.

MICROWAVE CHART

Times are approximate and may be adjusted for individual tastes.

FOOD	POWER	COOK TIME
Applesauce (4 servings)	100%	7 to 10 min.
Bacon (slice)	100%	45 sc. to 1 min. 15 sc.
Baked Apples (4)	100%	4 to 6 min.
Baked Potatoes (4 med.)	100%	13 to 19 min.
Beans, Green or Yellow 1 lb. (.45 kg)	100%	6 to 12 min.
Broccoli 1 lb. (.45 kg)	100%	6 to 10 min.
Carrots 1 lb. (.45 kg)	100%	8 to 12 min.
Cauliflower (med. head)	100%	6 to 9 min.
*Chicken Pieces	90%	6 to 9 min. per pound (454 g)
Chocolate (melt 1 square)	40%	1 to 2 min.
Corn on the Cob Two Four	 100% 100%	 4 to 9 min. 6 to 12 min.
Fish Fillets 1 lb. (.45 kg)	90%	5 to 6 min.
Ground Beef 1 lb. (.45 kg)	90%	4 to 6 min.
*Ground Beef Patties Two Four	 90% 90%	 Side 1: 2 min. Side 2: 1½ - 2½ min. Side 1: 2½ min. Side 2: 2 - 3 min.
Hot Cereal 1 Serving 4 Servings	 100% 100%	 1½ to 5 min. 4½ to 7 min.
*Meat Loaf 1½ lbs. (.7 kg)	80%	13 to 19 min.
Nachos (large plate)	50%	1½ to 2½ min.
Scallops, Shrimp 1 lb. (.45 kg)	 100%	 3½ to 5½ min.
Scrambled Eggs Two Four	 60% 60%	 1 min. 15 sc. to 1 min. 45 sc. 2 to 3 min.
Squash 1 lb. (.45 kg)	100%	3 to 8 min.
*Turkey Breast	100% 70%	First 5 min., Then 8 to12 min. per pound (454 g)
Water for Beverage 1 cup (250 mL) 2 cups (500 mL)	 100% 100%	 2½ to 4 min. 4½ to 6 min.

*Internal temperature after standing: chicken 180°F (82°C), meat loaf 165°F (74°C), patties 160°F (71°C), turkey 170°F (77°C).

Crisper Pan Frying

When the crisper pan is used with microwaves, it is like a frying pan or griddle, ideal for French toast, burgers, eggs, stir-frying and sautéing. See "Crisper Pan and Handle" section first before using.

To Use:

Before crisper pan frying, brush crisper pan with ½ tsp (3 mL) of oil or spray with nonstick cooking spray. Put crisper pan on turntable and preheat by microwaving at 100% cooking power for 2 to 3 minutes. Arrange food on crisper pan. Place pan on turntable.

1. Press the number pads to set a length of time to cook.
2. Press ADD MINUTE START.

   The upper oven display will countdown the cook time.

   When the cycle ends, "End" will appear in the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
3. Press upper oven OFF/CANCEL or open the upper oven door to clear the display and/or stop reminder tones.

CRISPER PAN FRYING CHART

Times are approximate and may be adjusted for individual tastes.

FOOD	COOKTIME	INSTRUCTIONS
Bacon, Canadian 2 ¼ in. (6 cm) thick slices	1 minute	Turn slices over on crisper pan after cooking.
Eggs, scrambled 2 4	 45 sec. to 1 min. 2 to 3 minutes	Mix 1 tablespoon of water per egg and pour into preheated pan.
French Toast, Pancakes, Waffles, 4 Frozen	3 to 4 minutes	Turn halfway through cooking.
Ground Beef, 1 lb. (453 g)	6 to 7 minutes	Crumble meat before cooking. Stir halfway through cooking. Make sure no pink center.
Ground Beef Patties, two 4 oz. (113 g) patties	Side1: 2 minutes Side 2: 2 to 4 min.	Cook completely, no pink center.
Pizza Dough, uncooked 9 and 12 in. (23 and 30 cm)	4 to 5 minutes	Do not preheat crisper pan. Sprinkle with corn meal. Press dough into pan. After precooking dough, add sauce and toppings.
Vegetables, stir-fry, 2 cups (500 mL)	4 minutes	Cut vegetables in equal sizes. Stir after 2 minutes.

Reheating

Reheat times and temperatures have been preset based on food, quantity and/or desired serving temperature.

Use the following chart as guide.

FOOD	CODE	QUANTITY or BEVERAGE	CODE (choose one)
Dinner Plate	1	1 to 2 servings	1, 2
Bread	2	1 to 6 slices	1, 2, 3, 4, 5, 6
Meats	3	1 to 6 servings	1, 2, 3, 4, 5, 6
Cheese Dip	4	1 to 3 cups (250 to 750 mL)	1, 2, 3
Soups	5	1 to 4 cups (250 mL to 1 L)	1, 2, 3, 4
Sauce	6	1 to 3 cups (250 to 750 mL)	1, 2, 3
Pizza	7	1 to 2 servings	1, 2
Beverage	8	1-Coffee, 2-Tea, 3-Hot Chocolate	1-Warm, 2-Hot, 3-Very Hot

To Reheat:

1. Press REHEAT.
2. Press the number pad code from the chart to choose food

   or

   Press REHEAT repeatedly to scroll through foods.
3. Press the number pads to enter one quantity code from chart

   or

   Press 0 QUANTITY repeatedly to scroll through quantities.
4. Press ADD MINUTE START or wait 5 seconds for oven to turn on automatically.

   The upper oven display will countdown the reheat time.

   About halfway through reheating of cheese dip, soups and sauces, "STIR" will appear on the upper oven display for 5 seconds while the oven continues to operate. Open door, stir food, close door, then press ADD MINUTE START to resume.

   When the cycle ends, "End" will appear in the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
5. Press upper oven OFF/CANCEL or open the upper oven door to clear the display and/or stop reminder tones.

To Reheat Beverage:

1. Press REHEAT.
2. Press 8

   or

   Press REHEAT repeatedly to scroll to "BEVRG-8".
3. Press one number pad from chart to select beverage type.
4. Press one number pad from chart to select serving temperature.
5. Press ADD MINUTE START or wait 5 seconds for oven to turn on automatically.

   The upper oven display will countdown the reheat time.

   When the cycle ends, "End" will appear in the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.

   IMPORTANT: Heated liquids can splash out during and after heating. Use of a wooden stir stick, placed in the cup or bowl during heating may help to avoid this.
6. Press upper oven OFF/CANCEL or open the upper oven door to clear the display and/or stop reminder tones.

Defrosting

Defrosting time and cooking power have been preset based on food and quantity.

Because standing time is included, the defrosting time may seem longer than in other microwave ovens.

- Preset codes should not be used for food left outside the freezer more than 20 minutes and frozen ready-made food.
- Food should be 0°F (-18°C) or colder at defrosting for optimal results.
- Unwrap foods and remove lids from fruit juice before defrosting.
- Shallow packages will defrost more quickly than deep blocks.
- Separate food pieces as soon as possible for more even defrosting.
- Use small pieces of aluminum foil to shield parts of food such as chicken wings, leg tips and fish tails. See "Aluminum Foil and Metal" first.
- When entering weight, use the net weight (food minus container weight) in pounds and tenths of pounds.

WEIGHT CONVERSION CHART

If the weight on the food package is in fractions of a pound (ounces), use the following chart to convert the weight to decimals.

EQUIVALENT WEIGHT		DECIMAL WEIGHT	POUND WEIGHT
OUNCES	GRAMS		
1.6 oz	45.4 g	.10	
3.2 oz	90.7 g	.20	
4.0 oz	113.4 g	.25	¼ lb
4.8 oz	136.1 g	.30	
6.4 oz	181.4 g	.40	
8.0 oz	226.8 g	.50	½ lb
9.6 oz	272.2 g	.60	
11.2 oz	317.5 g	.70	
12.0 oz	340.2 g	.75	¾ lb
12.8 oz	362.9 g	.80	
14.4 oz	408.2 g	.90	
16.0 oz	453.6 g	1.00	1 lb

DEFROSTING CHART

Use the following chart as guide.

FOOD	CODE	QUANTITY	CODE (choose one)
Meats	1	.1 to 6.6 (1 oz. to 6 lb. 8 oz.) (28 g to 3 kg)	0 QUANTITY increases weight in increments of ¼ lb (113 g) or use number pads to enter actual weight
Chicken/ Poultry	2	.1 to 6.6 (1 oz. to 6 lb. 8 oz.) (28 g to 3 kg)	
Fish/ Seafood	3	.1 to 4.4 (1 oz. to 4 lb. 6 oz.) (28 g to 2 kg)	
*Bagel	4	1 to 6	1, 2, 3, 4, 5, 6
Fruit Juice	5	6, 12, 16 oz (170, 340, 455 g)	0 QUANTITY to scroll
Roll/Muffin	6	1 to 6	1, 2, 3, 4, 5, 6

*A lower cooking power is used for bagel quantities 1 and 2, so defrost time seems longer than expected.

To Defrost:

1. Press DEFROST.
2. Press the number pad code from the chart to choose food
   or
   Press DEFROST repeatedly to scroll through foods.
3. Press the number pads to enter the quantity code from chart
   or
   Press 0 QUANTITY repeatedly to scroll through quantities.
4. Press ADD MINUTE START or wait 5 seconds for oven to start automatically.

   The upper oven display will countdown the defrost time.

   About halfway through defrosting of meats, chicken/poultry and fish/seafood, "TURN" will appear on the upper oven display for 5 seconds while the oven continues to operate. Open door, turn food, close door, then press ADD MINUTE START to resume.

   When the cycle ends, "End" will appear in the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
5. Press upper oven OFF/CANCEL or open the upper oven door to clear the display and/or stop reminder tones.

Popcorn

IMPORTANT: Never leave the oven unattended if adding more time than recommended by the automatic cycle.

- Do not use regular paper bags or glass utensils.
- Pop only one package of popcorn at a time.
- Follow manufacturer's instructions when using a microwave popcorn popper.
- Listen for popping to slow to 1 pop every 1 or 2 seconds. Do not repop unpopped kernels.
- Use fresh bags of popcorn for optimal results.
- Cooking results may vary by brand and fat content.

Popping times have been preset based on commercially packaged microwave popcorn. The oven is preset at the 3.5 oz (99 g) size, but can be changed.

Use the following chart as guide.

QUANTITY	CODE
3.5 oz (99 g)	1
3.0 oz (85 g)	2
1.75 oz (50 g)	3

To Pop:

Before popping, place bag in center of turntable.

1. Press POPCORN.
2. Press the number pad code from the chart to choose quantity

   or

   Press POPCORN repeatedly to scroll through quantities.
3. Press ADD MINUTE START or wait 5 seconds for oven to start automatically.

   The upper oven display will countdown the cook time.

   When the cycle ends, "End" will appear in the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
4. Press upper oven OFF/CANCEL or open the upper oven door to clear the display and/or stop reminder tones.

Keeping Food Warm

⚠WARNING

Food Poisoning Hazard

Do not let food sit in oven more than one hour before or after cooking.

Doing so can result in food poisoning or sickness.

Hot cooked food can be kept warm in the oven. See "Cooking in Stages" in the "Microwaving" section to set a Keep Warm at the end of a microwave cooking cycle. Use 10% cooking power for desired length of time at the last stage.

To Keep Warm:

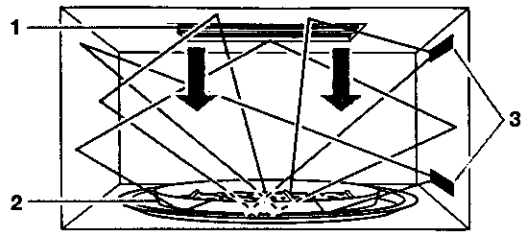
Put hot cooked food in the oven. Cover plates of food and foods that were cooked covered. Pastries, pies, turnovers etc. should remain uncovered.

1. Press the number pads to enter a length of time to keep warm.
2. Press MICRO · · POWER.
3. Press 1.
4. Press ADD MINUTE START.

   The upper oven display will countdown the warm time.

   When the cycle ends, "End" will appear in the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
5. Press upper oven OFF/CANCEL or open the upper oven door to clear the display and/or stop reminder tones.

CRISPING



1. Broil element
2. Crisper pan
3. Dual microwave emission

Crisping uses the broil element and microwaves to crisp and brown foods. Always use the crisper pan. See the "Crisper Pan and Handle" section first before using.

To Crisp:

Before Crisping, brush crisper pan with ½ tsp (3 mL) of oil or spray with nonstick cooking spray. Put crisper pan on turntable and preheat by microwaving for 2 to 3 minutes. Arrange food on crisper pan. Place pan on turntable.

1. Press CRISP.
2. Press the number pads to enter a length of time to cook in minutes and seconds. The time can be set up to 90 minutes.
3. Press ADD MINUTE START.

   The upper oven display will countdown the cook time.

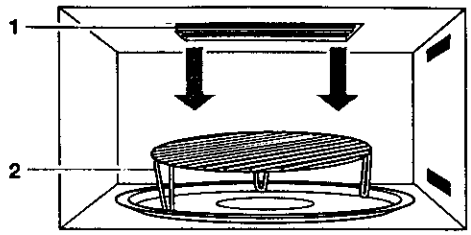
   When the cycle ends, "End" will appear in the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
4. Press upper oven OFF/CANCEL or open the upper oven door to clear the display and/or stop reminder tones.

CRISPING CHART

Times are approximate and may be adjusted for individual tastes.

FOOD	COOK TIME	INSTRUCTIONS
Pizza, refrigerated or fresh 12 in. (30 cm) 9 in. (23 cm)	 9 minutes 7 minutes	Sprinkle crisper pan with corn meal. Add additional time for thick crust and reduce time for thin crust
Puff Pastry Fruit Turnovers, 4 Frozen	10 to 12 minutes	
Turkey Breast, boneless	10 to 12 minutes per pound (453 g)	Place turkey in center of Crisper Pan. Internal temperature should be 170°F (77°C)

BROILING



1. Broil element
2. Broiling grid

Broiling uses the broil element to cook and brown 1 to 4 small pieces of food at a time. Always use the broiling grid. See "Grids" section first before using.

- Avoid opening the door often.
- For even browning, turn food over halfway through cooking.

To Broil:

Before Broiling, remove turntable support. See "Parts and Features" for location. Replace turntable in oven, then preheat oven for 2 to 3 minutes. Turntable will not turn during broiling. Place all food on front half of broiling grid. Position grid with food on it so that the food is directly under the broil element.

1. Press BROIL.
2. Press the number pads to enter a length of time to cook in minutes and seconds.
3. Press ADD MINUTE START.

   The upper oven display will countdown the cook time.

   When the cook time ends, "End" will appear on the upper oven display. If enabled, end-of-cycle tones will sound, then reminder tones will sound every minute.
4. Press upper oven OFF/CANCEL or open the upper oven door to clear the display and/or stop reminder tones.

BROILING CHART

Times are approximate and may be adjusted for individual tastes.

FOOD	COOK TIME	INSTRUCTIONS
Garlic Toast or Open Face Sandwiches	2 to 3 minutes	
Steaks, 2 top sirloin, ¾ in. (2 cm) thick, 8 oz. (227g) portions	Medium doneness Side 1: 10 minutes Side 2: 8 minutes	Trim excess fat and score edges. Let stand 1 minute before serving.

OVEN CARE

Cleaning

IMPORTANT: Before cleaning, make sure all controls are off and the oven is cool. Always follow label instructions on cleaning products.

Soap, water and a soft cloth or sponge are suggested first unless otherwise noted.

STAINLESS STEEL (on some models)

Do not use soap-filled scouring pads, abrasive cleaners, Cooktop Polishing Creme, steel-wool pads, gritty wash cloths or some paper towels. Damage may occur.

Rub in direction of grain to avoid damaging.

- Stainless Steel Cleaner & Polish (not included):

  See "Assistance or Service" section to order.
- Liquid detergent or all-purpose cleaner:

  Rinse with clean water and dry with soft, lint-free cloth.
- Vinegar for hard water spots

OVEN DOOR EXTERIOR

- Glass cleaner and paper towels or non-abrasive plastic scrubbing pad

OVEN CAVITY

Do not use soap-filled scouring pads, abrasive cleaners, steel-wool pads, gritty wash cloths or some paper towels. Damage may occur.

Rub in direction of grain to avoid damaging.

The area where the oven door and frame touch when closed should be kept clean.

Average soil

- Mild, non-abrasive soaps and detergents:

  Rinse with clean water and dry with soft, lint-free cloth.

Heavy soil

- Mild, non-abrasive soaps and detergents:

  Heat 1 cup (250 mL) of water for 2 to 3 minutes in oven. Steam will soften soil. Rinse with clean water and dry with soft, lint-free cloth.

Odors

- Lemon juice or vinegar:

  Heat 1 cup (250 mL) of water with 1 tbl (15 mL) of either lemon juice or vinegar for 2 to 3 minutes in oven.

TURNTABLE

Do not operate oven while turntable is removed.

- Mild cleanser and scouring pad
- Dishwasher

GRIDS

- Steel wool pad
- Dishwasher

CRISPER PAN

- Mild cleanser and scouring sponge
- Dishwasher

TROUBLESHOOTING

Try the solutions suggested here first in order to avoid the cost of an unnecessary service call.

Nothing will operate

- **Has a household fuse been blown or has the circuit breaker been tripped?**
  Replace the fuse or reset the circuit.
- **Is the appliance wired properly?**
  See Installation Instructions.

Oven will not operate

- **Is the door completely closed?**
  Firmly close door.
- **Is the electronic oven control set correctly?**
  See "Electronic Oven Control" section.
- **On some models, is the Control Lock set?**
  See "Control Lock" section.
- **On some models, is the Sabbath Mode set?**
  See "Sabbath Mode" section.
- **On combination oven models, is the lower oven self-cleaning?**
  The upper oven will not work during the lower oven Self-Cleaning Cycle.
- **Is the magnetron working properly?**
  Heat 1 cup (250 mL) of cold water for 2 minutes at 100% cooking power. If water does not heat, call for service. See "Assistance or Service"section.

Oven makes humming noise

- This is normal and occurs when the transformer in the magnetron cycles on.

Oven door looks wavy

- This is normal and will not affect performance.

Turntable will not operate

- **Is the turntable properly in place?**
  Make sure turntable is correct-side up and is sitting securely on the turntable support.
- **Is the turntable support operating properly?**
  Remove turntable. Remove and replace turntable support. Replace turntable. Put in 1 cup (250 mL) of water, then restart oven. If still not working, call for service. See "Assistance or Service" section. Do not operate the oven without turntable and turntable support working properly.

Turntable rotates both directions

- This is normal and depends on motor rotation at beginning of cycle.

Display shows messages

- **Is the display showing "PF", "PF id=27" or "PF id=30"?** There has been a power failure. Clear the display. See "Display(s)" section. On some models, reset the clock, if needed. See "Clock" section.
- **Is the display showing a letter followed by a number?** Clear the display. See "Display(s)" section. If it reappears, call for service. See "Assistance or Service" section.

Display shows time countdown, but is not operating

- **Is the Minute Timer in use?** See "Minute Timer" section.

Tones are not sounding

- **Are tones disabled?** See "Tones" section.

Smoke is coming from oven vent during broiling

- Some smoke is normal and occurs just as in conventional broiling.

Sparking during broiling

- This is normal and occurs as fat burns off from past cooking. Sparking will stop once fat is completely burned off.

Cooking times seem too long

- **Is the cooking power set properly?** See "Cooking Power" in "Microwave Cooking" section.
- **Are large amounts of food being heated?** Larger amounts of food need longer cooking times.
- **Is the incoming voltage less than specified in "Parts and Features"?** Have a qualified electrician check the electrical system of the house.

ASSISTANCE OR SERVICE

Before calling for assistance or service, please check "Troubleshooting." It may save you the cost of a service call. If you still need help, follow the instructions below.

When calling, please know the purchase date and the complete model and serial number of your appliance. This information will help us to better respond to your request.

If you need replacement parts

If you need to order replacement parts, we recommend that you only use FSP® replacement parts. FSP® replacement parts will fit right and work right because they are made with the same precision used to build every new WHIRLPOOL® appliance.

To locate FSP® replacement parts in your area, call our Customer Interaction Center telephone number or your nearest Whirlpool designated service center.

In the U.S.A.

Call the Whirlpool Customer Interaction Center toll free: **1-800-253-1301.**

Our consultants provide assistance with:

- Features and specifications on our full line of appliances.
- Installation information.
- Use and maintenance procedures.
- Accessory and repair parts sales.
- Specialized customer assistance (Spanish speaking, hearing impaired, limited vision, etc.).
- Referrals to local dealers, repair parts distributors, and service companies. Whirlpool designated service technicians are trained to fulfill the product warranty and provide after-warranty service, anywhere in the United States.

  To locate the Whirlpool designated service company in your area, you can also look in your telephone directory Yellow Pages.

For further assistance

If you need further assistance, you can write to Whirlpool Corporation with any questions or concerns at:

Whirlpool Brand Home Appliances
Customer Interaction Center
c/o Correspondence Dept.
MD 8020
553 Benson Road
Benton Harbor, MI 49022-2400

Please include a daytime phone number in your correspondence.

Accessories U.S.A

To order accessories, call the Whirlpool Customer Interaction Center toll free at **1-800-253-1301** and follow the menu prompts. Or visit our website at **www.whirlpool.com** and click on "Buy Accessories Online".

Stainless Steel Cleaner & Polish

(stainless steel models)
Order Part #4396095

In Canada

For product related questions, please call the Inglis Limited Customer Interaction Center toll free:
1-800-461-5681 8:30 a.m. - 5:30 p.m. (EST)

Our consultants provide assistance with:

- Features and specifications on our full line of appliances.
- Referrals to local dealers.

For parts, accessories and service in Canada

Call **1-800-807-6777.** Inglis Limited designated service technicians are trained to fulfill the product warranty and provide after-warranty service, anywhere in Canada.

For further assistance

If you need further assistance, you can write to Inglis Limited with any questions or concerns at:

Customer Interaction Center
Inglis Limited
1901 Minnesota Court
Mississauga, Ontario L5N 3A7

Please include a daytime phone number in your correspondence.

WHIRLPOOL® BUILT-IN HIGH SPEED AND MICROWAVE OVEN WARRANTY

FULL ONE-YEAR WARRANTY

For one year from the date of purchase, when this appliance is operated and maintained according to instructions attached to or furnished with the product, Whirlpool Corporation will pay for FSP® replacement parts and repair labor to correct defects in materials or workmanship. Service must be provided by a Whirlpool designated service company.

LIMITED FOUR-YEAR WARRANTY

From the second through fifth year from the date of purchase, when this appliance is operated and maintained according to instructions attached to or furnished with the product, Whirlpool Corporation will pay for FSP® replacement parts for the microwave magnetron tube if defective in materials or workmanship.

Whirlpool Corporation will not pay for:

1. Service calls to correct the installation of your appliance, to instruct you how to use your appliance, to replace house fuses or correct house wiring, or to replace owner-accessible light bulbs.
2. Repairs when your appliance is used in other than normal, single-family household use.
3. Pickup and delivery. Your appliance is designed to be repaired in the home.
4. Damage resulting from accident, alteration, misuse, abuse, fire, flood, improper installation, acts of God or use of products not approved by Whirlpool Corporation or Inglis Limited.
5. Repairs to parts or systems resulting from unauthorized modifications made to the appliance.
6. Replacement parts or repair labor costs for units operated outside the United States or Canada.
7. In Canada, travel or transportation expenses for customers who reside in remote areas.

WHIRLPOOL CORPORATION AND INGLIS LIMITED SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES.

Some states or provinces do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion or limitation may not apply to you. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state or province to province.

Outside the 50 United States and Canada, this warranty does not apply. Contact your authorized Whirlpool dealer to determine if another warranty applies.

If you need service, first see the "Troubleshooting" section of this book. After checking "Troubleshooting," additional help can be found by checking the "Assistance or Service" section or by calling the Whirlpool Customer Interaction Center, **1-800-253-1301** (toll-free), from anywhere in the U.S.A. In Canada, for product-related questions call: **1-800-461-5681**, for parts and service in Canada, please call **1-800-807-6777**.

05/00

Keep this book and your sales slip together for future reference. You must provide proof of purchase or installation date for in-warranty service.

Write down the following information about your appliance to better help you obtain assistance or service if you ever need it. You will need to know your complete model number and serial number. You can find this information on the model and serial number label/plate, located on your appliance as shown in the "Parts and Features" section.

Dealer name _____

Address _____

Phone number _____

Model number _____

Serial number _____

Purchase date _____

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